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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ingredient name | | I know | I don’t know | Health effects | Where in the world | Natural | Source |  |
| Carbonated water | | X |  | The excess carbon dioxide can harm your stomach | Can be made all over the world | No | Add pressurized carbon dioxide to normal water |  |
| Sucrose | | X |  | Excess can lead to tooth decay, obesity, and diabetes | Warm climates of south east Asia, India, Egypt | yes | You take the sucrose from the sugar cane plant |  |
| glucose | | X |  | Holds the energy for the body to burn off | Various parts of the world. The united states produces corn where they get the glucose | yes | The building blocks of starch and glycogen |  |
| Sodium citrate | |  | X | The combination of sodium and citric acid may be harmful to your heart | Found in many salts.  United states, China, Canada, India, and Germany | yes | Makes up three types of salt |  |
| taurine | | X |  | Keeps sodium out of body cells, aids in the movement of potassium and calcium into and out of the cell | Found in tissue cells of animals. (found in china) | yes | Found in bile and intestines and tissues of animals |  |
| glucuronolactone | |  | X | In small amounts detoxifies the body, but in mass quantities it can kill you | Found in nearly all connective tissues ( salmon in parts of china) | yes | Found in many plant gums |  |
| caffeine | | X |  | Can raise blood pressure | From coffee beans (brazil, Argentina, Chile, and mid Africa | maybe | Extracted from coffee beans |  |
| instol | |  | X | Helps in insulin signal transduction, nerve guidance | Found in plants such as bran so major parts of the united states | yes |  |  |
| niacin amide | |  | X | Toxic to liver if exceed 3 grams a day | Part of B vitamin group (major vitamin B manufacturers are Australia, Canada, and some parts of the U.S.) | yes | Amide of nicotinic acid |  |
| calciunpantothenate | |  | X | Metabolizes proteins, carbohydrates, and fats | Vitamin B group (major vitamin B manufacturers are Australia, Canada, and some parts of the U.S.) | yes | Commonly found in alcohol |  |
| Pyridoxine HCL | |  | X | Balances the sodium and potassium in the body | Compound found in vitamin B6 (major vitamin B manufacturers are Australia, Canada, and some parts of the U.S.) | No | must be converted biologically |  |
| Vitamin B12 | | X |  | Key role is helping functions in the brain | Found in blood, and tissues of humans (major vitamin B manufacturers are Australia, Canada, and some parts of the U.S.) | yes | Metabolizes in the blood |  |
| Artificial flavors/colors | | X |  | May have preservatives that harm the body | Made of compounds | no | Food coloring and uses compounds to create flavors |  |
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